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Fourth Series, No. 12 February 15, 1913

Teachers College Bulletin

Canned Foods: Fruits and Vegetables

BY

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Technical Education Bulletin, No. 18
PRICE, 10 CENTS

Published by
Teachers College, Columbia University
525 W. 120th Street
New York City

Monograph

Teachers College Bulletin

Published fortnightly from September to May inclusive. Entered as second class matter January 15, 1910, at the New York, N. Y., Post Office, under act of July 16, 1894.

These Bulletins include the Dean's Report, the Announcements of Departments, the Alumni Bulletins (4 issues per year), Syllabi of courses of study, Announcements of the School of Education and the School of Practical Arts, and the Technical Education Series.

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CANNED FOODS—FRUITS AND VEGETABLES

Introduction

The process of preserving food by enclosing it in hermetically sealed glass, was invented by François Appert in France in the early part of the nineteenth century. But the canning industry probably had its real inception a little later when in England Peter Durand used the same principle in preserving food in pottery and tin, the use of these materials making possible the commercial development of the industry which could not have prospered had glass been the only material available for packing.

Even with the use of all these materials for packing, the methods of canners left much to be desired. The cost of canned goods was prohibitive to most consumers in the days when almost every homestead produced its own food, and the supply for variety in the winter's diet continued to be "put up" annually with infinite labor and pains in the home until recent years when improvements in apparatus and methods have reduced the cost of the commercially canned foods, raised the standards of quality and won public confidence to a degree. The result has been a tremendous and steady increase in the out-put and consumption of the canned products, this in the face of the development of "cold storage," which has revolutionized our marketing of perishable supplies, and in spite of improvements in other methods of preserving foods. As a result the economic significance of the use of canned foods has assumed proportions which cannot be ignored, either by the housewife who buys for her family or by the nation whose laws regulate (or fail to regulate) the preparation of food material in a form upon which we to a large extent depend.

At the present time the housewife's problem in buying canned goods may present three aspects. First, the social aspect, the study of those conditions in the canning industry which affect the workers in this and other industries, and all homes where canned products are used. Second, the problem becomes to her that of supplying her family with foods which will replace fresh foods during the season when these are unobtainable and high in price, and at all times to supply variety. This is now possible to a degree never before known and we find practically every sort

of food put into tins—vegetables, fruits, fish, meats, game, poultry, milk, cream, eggs, soups, puddings, and bread. The third aspect of the problem is that of determining quality when buying, judging if quality and quantity are as represented by the label and if they offer a fair return for money expended. It is safe to say that the average buyer for the home knows more of the grades and values of almost any other foods than of canned foods, but to be an economical buyer these should be known too, and it is to the discussion of these that this paper now limits its scope.

Before one can distinguish the relative values of market grades of canned goods, it is necessary to know how these are determined by the packer. For fruits and vegetables the lines of quality determination are much the same and as follows.

Grading Fruits and Vegetables for Canning

1. *Locality in which fruit or vegetable is grown.*

Naturally the fruits and vegetables produced in sections where expert gardening or fruit raising prevails and which naturally favor such crops, will be superior in quality. Of the most common and widely used, those grown in the northern states are superior in texture and flavor to those grown in the South, and because of the firmer texture "stand up" better in packing. Maine and Canadian blueberries grade higher than the New Jersey, while Maryland blueberries grade lower than either. Maine corn grades higher than that of New York State, and Maryland lower than either. New Jersey tomatoes are far superior to southern packs.

2. *The size of the fruit or vegetable.*

The larger the fruit, provided it is uniform and good in other respects, the higher it will be graded. In vegetables the smaller ones are graded highest, being younger and generally tenderer, juicier, and of sweeter flavor.

3. *Flavor.*

This is an important factor to the consumer, but does not take precedence of size, texture, and color in grading either fruits or vegetables because the buyer is generally influenced by the handsome appearance of fruits or the delicate appearance of immature vegetables which may be quite lacking in flavor. The public's

preference is taken into consideration, and fine-flavored products, not notable for size or color, may be graded lower than those of pleasing appearance and inferior flavor. A striking illustration of this is found in the preference for very small peas which consist principally of skins, water and a little sugar. Because of public preference these are graded higher than the larger peas of rich flavor and higher nutritive value.

4. *Texture.*

Fine texture is a characteristic of high-grade fruits and vegetables. Tough peas and beans, fibrous okra and asparagus are graded low.

5. *Color.*

The natural color of the product when at its best is the standard of the high-grade pack. Unfortunately, the attempt to emulate nature has been overdone by some packers to the point where the majority of the public have come to regard copper-greened peas and beans as superior to those of nature's green. Now that the law requires that the facts regarding the use of coloring matter be stated on the package, the public is in a position to choose between the natural and artificial, the safe and the possibly harmful. Fortunately, they are the fancy grades of vegetables which receive the copper treatment—the very small peas and beans in which the nutritive value is low and the price prohibitively high to the average buyer.

Even when the natural color of the vegetable after cooking is the standard sought, grading of the product is still done on color lines. Peas that have an occasional yellow one in the lot are graded lower than those uniformly green, while if many are yellowish the lot is graded lower still. String beans containing an occasional brown or rusty pod will be graded lower than those uniformly green.

6. *Whole or cut.*

The fruit or vegetable of suitable size which is sufficiently perfect (free from bruise and spots of decay) to can whole is of the highest grade, provided it grades high on other points. Those cut in halves grade next highest (as peaches, apricots, pears, apples) and those in slices next (as sliced peaches). Smaller

pieces sometimes referred to as chips grade lower yet. Pineapple slices afford the highest grade in that fruit, the chunks and cubes grading next and the chipped, grated, and crushed pineapple respectively lower.

7. *Peeled, unpeeled, pitted, cored.*

Those fruits which are improved by peeling are only left unpeeled in the lowest grades. The same is true of pitting and coring, except where the fruit is handsome in appearance but unsound at pit or core.

8. *Medium of packing.*

Fruits packed in water are of the lowest grade and generally known as "pie" fruit. Those packed in syrups are graded according to the density of the syrup, 35°-40° syrup being used for preserves (as strawberries), 30°-34° for fancy peaches, plums and other fruit for table sauce; 25°-28° for high grade fruits for table sauce; 20°-25° for a still less rich grade of table sauce, and 10°-20° for very light syrup suitable only on sweet fruits or those to which more sugar will be added in preparation for the table.

Juicy vegetables are now by law required to be packed in their own juice (as tomatoes). Other vegetables must be packed in as little water as is necessary to immerse them completely. A little salt and sugar are allowed in the liquid.

Trade Terms

With the foregoing standards in mind the housewife will be able to understand the reason for the existence of certain trade terms used to designate grades of goods. In fruits, that termed "pie" fruit constitutes the lowest class, there being two grades of this in peaches, the unpeeled and the peeled, the latter bringing the higher price. Next rank those fruits having the lightest syrups, and these are the relatively inferior fruits as regard size, color, flavor, and texture. This grade is known as "Standard." Above this may be numerous grades, "Extra Standard," "Extra," and "Fancy" being the terms applied to groups of grades increasingly good. If fruits grade high as to variety, color, size, flavor, texture and are packed in heavy syrup they will be graded as Fancy, and fruits less good will fall into the other group grades according to the degree in which they approximate

the grade called Fancy, and according to the weight of syrup used. That it is quite impossible under this system to depend upon the term Fancy representing the same quality of fruit year after year is easily seen, for the crops yielded of various fruits are seldom of the same standard in successive years. The same is true of any grade. In a good year the grade known as Standard may prove better than the Extra Standard in a poor year. This makes for uncertainty on the part of the purchaser, and any buyer of large quantities of canned goods finds it necessary to see the contents of tins selected as samples and to order according to sample as well as by grade and trade name. The small buyer is at a great disadvantage in being unable to do this.

The trade terms for grades of vegetables are in general the same as for fruits. The poorest of southern-grown produce and the trimmings of northern-grown are graded below Standard. In tomatoes these sub-standard grades are sometimes known as "pulp" and "puree." In peas they are known as "seconds" and "soaked." This last term refers to peas that have grown too hard for canning purposes, but have been soaked in water from 12 to 36 hours and then canned.

Judging Quality of Canned Goods

1. On opening the can the volume of contents in relation to capacity of can should be noted. The contents should fill the can, and any considerable space between the top of can and surface of contents should count against the grade of the product.

2. Any excess of liquid, that is, more than is necessary to immerse the solids lowers the grade of the package.

3. The presence of any foreign material such as drops of solder, bits of paper, etc., which indicate careless methods in packing, should be looked for.

4. In canned *peas* distrust a very cloudy or starchy liquid as probably indicating the peas to be "soaked." This would be confirmed by the peas being mealy, large, and with skins easily loosened in the can. Peas being graded according to size, those known as "sifted"—whatever the size—are higher in price than the unsifted, sometimes known as "the run of the garden." A large number of yellowish peas in a can indicates inferior quality and flavor.

5. The smaller *string beans* (less than two inches in length) are high priced and more decorative than nutritious. Those over three inches in length are coarse. Those between two and three inches are generally satisfactory. The "cut" beans are cheaper but not uniformly good in flavor and texture.

6. The smaller *Lima beans* (bush Limas) are higher in price and generally of a better color than the large beans (pole Limas).

7. In canned *corn* that which is very milky or full of liquid may be found sweet, but it does not grade as high as the dry packs, and does not keep so well.

8. Young *okra* is tender and the pods are canned whole. This brings a better price than the older pods which are cut before packing.

9. Good *spinach* is packed whole—that is, the leaves are not cut. The chopped packs lack the fresh flavor of the other and their genesis is less certain.

10. *Tomatoes* "hand packed" and "cold packed" are put whole into the cans while raw and steamed, so that they are cooked in their own juice. If any additional juice is required to fill the crevices, it is supposed to be tomato juice. Tomatoes so packed are superior to those cooked before the cans are filled, and will be found practically whole on opening the can.

11. All *large fruits* are more expensive in tins than are small fruits, as the tins are more solidly filled with the latter and more portions can be served from a tin of given size. Of the large fruits canned whole or in halves, neither the largest nor the smallest form the most economical investment but rather the medium size. This is because portions are made by the *piece* rather than the spoonful and the very large pieces are few to the tin, while the very small necessitate two or more pieces being served to the portion. Large fruits bought in the "cut" form are most economical of all, for example, peach slices, peach chips and pineapple chips—for the same reason that small fruits are economical.

Safe and Unsafe Tin Cans

Until the last few years it was the general custom to seal the cans by soldering, and it was inevitable that some small portion of

the solder should be exposed to the action of the contents of the can, and frequently drops of solder were lost among the contents of the can. The "sanitary" can is now used by the best packers. In this can the food is hermetically sealed without the use of solder by a clever mechanical device which folds and compresses the overlapping edges of the top and sides of the can. Such cans are stamped "Sanitary" on one end, and the consumer should discriminate in their favor for his own safety and to encourage the use of the best methods in packing.

To prevent the undesirable reaction between acid fruits and vegetables and the metal of the cans, all tins employed for packing foods of strongly acid character should be lacquer-lined by a heat-resisting varnish. This is especially important since the cost of tin has advanced and the tin covering of sheet metal used for the manufacture of cans has become very thin.

Cans rusted exteriorly are not evidence of deteriorating contents, but cans rusted interiorly may have an undesirable effect upon the food. Experience shows that soldered cans are often so rusted at the soldered end.

Imperfectly sterilized foods often produce gas which bulges the ends of cans and sometimes causes the can to burst. This is more apt to occur in the case of those foods containing the least acid and most difficult to sterilize, as corn. Reputable distributors will accept such goods (known as "swells") if the swelling has occurred within a time limit set at date of sale, and will reimburse the buyer to the amount of the bill. It is difficult for the small buyer to return such packages to the retail dealer for credit unless he can prove that he has had the goods but a short time and has kept them in a cool place.

Quantities of swelled cans are returned constantly to packers and distributors, and the unscrupulous handlers of such goods are known to have returned them to the market by the process of puncturing the can along the side to allow the escape of gas, then re-heating, re-sealing and re-labeling. Such practice may be detected upon opening the can by the presence of the punctured and soldered spot. Needless to say the use of food so processed is most unsafe.

Labels and Trade Names or Brands

The experienced buyer will agree that considering the space and ink used in labelling canned goods, very little accurate infor-

mation is to be gleaned from the label as to the contents of a can. To the consumer the buying of canned food is a continual lottery in which "hope springs eternal" with succeeding purchases. To those who know that the packer knows what has been set forth in this paper regarding quality and grades (and much besides this probably), it seems that the packer has not dealt generously with the public in the labelling of cans. Perhaps among other things the packer knows that the public is lazily willing to buy blindfolded and trust to luck for prize packages.

To those who use canned foods for anything further than rare emergencies, it is of importance that they know whether the ten-cent can of tomatoes weighs two pounds and eight ounces or only one pound and three ounces. It is important that they know whether the can contains one cup of liquid or two and a third cups, whether the solid material weighs eleven ounces or eight ounces. It is not of the slightest importance that one side of the can display a mammoth crimson vegetable such as never was seen in or out of a cannery, and the other side pictures of historical significance or pictures of flowers or children, all equally irrelevant, with an irrelevant fancy name as the "brand" of the goods. Buying such packages is analogous to ordering "ten cents' worth of meat" with no knowledge of the quality or the quantity to be tendered.

The interests of the consumer necessitate that the label shall declare the name of the packing company, the place of packing, the weight of contents, the amount of liquid, the medium of the pack (water, or syrup), the grade of the product, and the serial number of the guarantee under the law which vouches for the accuracy of the foregoing information and for the absence of preservatives and artificial coloring; the name and address of the distributors or jobbers should also be given. All of this should appear whether the goods are packed in the state where sold or in another state. The date when packed should be stamped in the tin, as the word "sanitary" now is in some.

In order that the statement regarding "grade" of goods may not be misleading, it is necessary that trade names of grades have uniform significance for packers and the use of the uniform grading methods and nomenclature be required by law. At pres-

ent only experience enables one to know just how good is the "best" grade of any given packer's product. (All "best" grades are not now by any means equal to each other.) The definitions of the grades might be printed in fine type on the label. One packer is now doing this and it is helpful to the buyer. The consumer might be further aided by the color of the label declaring the grade of the package contents. Thus a white label might be used for products of the highest grade, and red, blue, green, yellow in the order of decreasing quality.

The business of determining grades would necessarily be an annual matter, and could probably best be done by a joint-committee representing the producers, the packing interests, and the Federal government.

Determining Quantity Value

Among dealers the sizes of packages of canned goods are designated by terms that refer to weight expressed in pounds. The common sizes or capacities are one, two, two and a half, three, and ten pounds, and are briefly designated as 1^{s}, 2^{s}, 2½^{s}, 3^{s}, and 10^{s}. Doubtless at some time in the past the packages contained the weight of food indicated by the numerals assigned to the cans. But keen competition and the demand for low-priced articles have gradually shrunk the capacity of the cans, while the descriptive numerals have remained unchanged. Thus a can known as No. 2 size may actually weigh one pound and six ounces. A No. 3 can generally weighs about two pounds and eight ounces. A No. 10 can is above the average if it weighs eight pounds.

It may be that no harm is done to distributors and large buyers when every one understands the situation and no one is deceived. But the average retail buyer not only has not this knowledge of conditions but does not even know whether he is buying by weight or measure. To him canned peas are graded as twenty-five cent cans, twenty-two cent cans, twenty cent cans and eighteen cent cans. When he chooses the larger of two cans at the same price, he does not know if it is the heavier can. If it is the heavier he does not know until he opens it whether the extra weight is due to an excess of liquid, or solidity of pack, or excessive weight of tin can and solder. Such buying is of course absurdly extravagant.

Much could be done by individual consumers and by committees of clubs interested in the control of the cost of living, to safeguard the interests of the public in the buying of canned goods, by publishing the results of investigations made by themselves of the weights and measures of canned goods for sale in their community markets. At least the buyer could then know in advance which brands offered the best investment, and the resulting patronage of good brands would tend to discourage the unscrupulous packer by a force more potent even than state and Federal laws.

Method and Examples

The method for such investigations may be very simple and yet effectual. One or more cans of each brand obtainable of any food (say tomatoes) should be purchased. All the information and descriptive matter on the label should be fully recorded with the "brand" of the can. Weigh the can before opening and record the weight, and price at which purchased. Open can, empty contents into a sieve, and weigh empty can, recording this weight. When solid contents have drained thoroughly, weigh these, measure the liquid and record both. Comparisons of such records for a number of cans are very illuminating as to the relation of cost and value. On page 13 is an actual record of such procedure (the names of packers of course not being given), which serves to illustrate the relation of cost to value.

From an examination of the analysis on page 13 it is apparent that the cost of the can really bears no definite relation to the value of the contents. In two cans at the same price (V and W), one can contained two-thirds more solid fruit than the other. In two ten cent cans (Y and Z) the difference is considerable, one can containing a half more solid fruit than the other, and in one (Y) the cost per pound of solid fruit was 250 per cent of the cost in a fifteen cent can (Sample W). To the thoughtful this throws a little light on the high cost of living.

Comparison of Analyses of Six Brands of Tomatoes

Labels of Samples Examined	Weight of can unopened	Weight of empty can	Weight of total contents	Measure of liquid	Weight of solid fruit	Cost of can	Cost of one pound of solid fruit
Sample U Extra family tomatoes Contents guaranteed to weigh at least 2 pounds 2 ounces	2 lbs. 8½ oz.	5¾ oz.	2 lbs. 2¾ oz.	15¼ oz.	1 lb. 3½ oz.	15c.	.1216
Sample V Extra fancy tomatoes	2 lbs. 8 oz.	6 oz.	2 lbs. 2 oz.	1 lb. 2 oz.	1 lb.	15c.	.15
Sample W Hand packed	2 lbs. 12½ oz.	5½ oz.	2 lbs. 7 oz.	12 oz.	1 lb. 11 oz.	15c.	.088
Sample X Fancy Contents guaranteed 2 pounds 2 ounces	2 lbs. 9½ oz.	6 oz.	2 lbs. 3½ oz.	10¼ oz.	1 lb. 9¼ oz.	12c.	.0752
Sample Y Hand packed Guaranteed pure Contents 1 pound 3 ounces	1 lb. 3 oz.	3½ oz.	15½ oz.	7½ oz.	8 oz.	10c.	.20
Sample Z N. Y. Choice	2 lbs. 4 oz.	5¼ oz.	1 lb 14¾ oz.	1 lb. 2¼ oz.	12½ oz.	10c.	.128

Grade
FANCY
Hand
Packed

This can is guaranteed to contain one pound and twelve ounces of solid fruit, twelve ounces of tomato juice, with salt and sugar and no artificial coloring or preservatives.

TOMATOES

Packed at Pine Bluff, N. J.

by the

MARTIN L. BENSON PACKING CO.

Guaranteed Under

Food and Drugs Act, January, 1914

SERIAL NO. 8106

R. M. FOX & CO., New York, Distributors

Conclusion

It is evident that through some fault, somewhere, the purchasing public is either buying canned foods blindly or is wilfully extravagant. The last accusation is eliminated from the argument by the protests against the cost of living which are everywhere heard. Is it not possible that the demand for a low-priced package is the cause of the gradual reduction in size of the packages, and the skimping of contents? Is it not possible that as a whole the public has bought blindly, and its most insistent demand, that for the cheap package, has been met? If so, then it has what it really insisted upon and is suffering the consequences.

When the public takes the pains to inform itself as to quality and bargains for quantity in a rational way, there will be hope of

legislation which will protect the buyer of canned goods on these and all other points in which the public is vitally interested. *In the meantime*

1. In buying canned goods, do not choose the cans because of the pictures on the labels. As art these are dear at the price paid for food. As food the contents of the can may be dear also.

2. Do not hesitate to require of your dealer as much information regarding the quantity and quality of canned food as you would expect regarding a purchase of food in any other form. If you cannot obtain accurate information in any other way than by experience, be sure you publish your experience in your Housewives' League or other club interested in obtaining such information.

3. Use your influence to obtain legislation which will require (a) uniform standards for all packers in all states, (b) uniform laws regarding labelling for all packers in all states, and (c) labels which will declare accurately the quality and quantity of contents of the can, also giving the weight of solid materials and the measure of liquid.

Standards Actually in Use by a Reputable Canning Company

There are at the present time no uniform standards in the packing of canned goods; therefore there is no uniform method for quality and quantity determination. The method in use in the Navy for the determination of quantity differs from that recommended by the writer in requiring that the contents of the can of tomatoes be not only drained but mashed by a wooden pestle in order that no liquid caught in the tomatoes be weighed in as solids. This does not seem to be fair, as the tomato is a very juicy vegetable and the proportion of liquid expressed by this method will be very uncertain. However, it is on the basis of this test that one reputable firm packs its goods. Their grades must not therefore be compared with the record of examinations previously given

APR 28

because of this difference in method. The following are the values of these grades:

TOMATOES: 3 POUND CAN

	Gross Weight	Net Solids
Fancy Grade	43-46 oz.	29¼ oz.
Extra Standard Grade	39-42 oz.	24¾ oz.
Standard Grade	37-39 oz.	21¾ oz.

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